



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **164 - Sports**

Student Number: \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_ Date: \_\_\_\_\_

Several problems are listed more than once in different areas. Just write another suggestion for the problem but make it different from the first one. Write two suggestion for each problem listed below.

#### **Your Client needs:**

- High pain tolerance.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Breath control is very important.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Looseness in the muscles.

1) \_\_\_\_\_

2) \_\_\_\_\_



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- Need to be more analytical

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Need to be less analytical and more spontaneous

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

### Give General Suggestions for:

- Motivation

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Aggression – as required by the sport

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Competitiveness

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- 
- A willingness to Learn and Practice

1) \_\_\_\_\_

2) \_\_\_\_\_

- Attention Control

1) \_\_\_\_\_

2) \_\_\_\_\_

- Moving Quickly in Thought and Action

1) \_\_\_\_\_

2) \_\_\_\_\_

- Stress Management

1) \_\_\_\_\_

2) \_\_\_\_\_

- Rhythm

1) \_\_\_\_\_

2) \_\_\_\_\_

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- Taking risks that are appropriate for the sport.

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

### To Get to The Top

- Confident

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Cool under Pressure

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Work with Stress

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Peak Performance

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

Before competitions, a person may be very nervous in varying degrees. Here is a list of issues your client may need help with. Give two suggestions for each.

- Breathing may be shallow

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Muscles feel tight

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Frequent trips to the bathroom

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Thinking may be distracted

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Stomach feels queasy, butterflies, and maybe even nausea.

1) \_\_\_\_\_



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2) \_\_\_\_\_

- Some even throw up before competition.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Fluttering or pounding heart.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Tightness in throat, choking sensation.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Blurred vision, watery eyes, and dizziness.

1) \_\_\_\_\_

2) \_\_\_\_\_

- Impaired coordination.

1) \_\_\_\_\_



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2) \_\_\_\_\_

- Overall feeling of weakness, tiredness, or heaviness

1) \_\_\_\_\_

2) \_\_\_\_\_

- Lower pain threshold and susceptibility to injury

1) \_\_\_\_\_

2) \_\_\_\_\_

- Slower reactions

1) \_\_\_\_\_

2) \_\_\_\_\_

- Dryness in mouth and throat

1) \_\_\_\_\_

2) \_\_\_\_\_

- Blood distribution away from extremities, cold hands, feet, and sweating.

1) \_\_\_\_\_

2) \_\_\_\_\_



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- 
- Restlessness, edginess

1) \_\_\_\_\_

2) \_\_\_\_\_

- Lack of sleep the night before

1) \_\_\_\_\_

2) \_\_\_\_\_

- A Feeling of Shakiness Within

1) \_\_\_\_\_

2) \_\_\_\_\_

- Visible Trembling

1) \_\_\_\_\_

2) \_\_\_\_\_

- Nail biting, Picking Sides of Fingers

1) \_\_\_\_\_

2) \_\_\_\_\_

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## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- Choppy Motions.

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Forgetfulness, distractedness, poor concentration. You don't want them to forget strategy.

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Pupil Dilation

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_

- Anxiety – The person thinks more about the anxiety than about the task they need to do.

1) \_\_\_\_\_  
\_\_\_\_\_  
2) \_\_\_\_\_  
\_\_\_\_\_